



Andraya lives in Alberta with tricuspid atresia, diagnosed as a baby. She had two open heart surgeries, one at 4 months and one at 2 years, along with multiple heart catheter procedures.

When asked what she is hopeful about, she says having a baby - even though there are risks involved!

Understanding my condition didn't come until I was an adult, with a new cardiologist/team. It took me quite a while to be able to speak up and actively manage my health. Now, every time I see my cardiologist, I'm learning something more and feel very supported & encouraged.

Before that, I didn't understand why I couldn't do certain things, and always tried to keep up with my peers and then felt a lot of embarrassment for how my body would shut down because of not being able to do things I thought I should have been able to do.

Those of us with CHD need connection with others, a supportive environment for us to test our limits and see what we can do to achieve, even while understanding/respecting our body's unique needs.

I judged my body so harshly; I hated it for holding me back. But now, with new understanding and support, I can work with my body instead of against it - and instead of hating it for what it couldn't do, I'm so grateful to my body for all the ways it fights for me and gives me this incredible life I'm living.



#CCHAsHaresCHDstories
#CCHAsHstorySunday